

## **ABSTRACT**

Novel preparations of phytochemical ingredients that are serviceable as health supplements for the body, particularly tissues susceptible to cancer, including, e.g. prostate tissue and breast tissue and, including, e.g., female breast tissue; for example, all possible combinations and permutations of member from each of the following 5 groups: 1) plant indoles, including sources of plant indoles (e.g. diindolemethane); 2) plant flavonoids, polyphenols, stilbenes and related substances, including sources of plant flavonoids, polyphenols, stilbenes, and related substances (e.g. resveratrol and piceatannol); 3) D-glucaric acid and derivatives thereof (e.g. calcium D-glucarate and 1,4-GL) and sources thereof; 4) medium chain triglycerides and sources thereof; and 5) phospholipids and sources thereof (e.g. lecithin).